Watch where you're going!

Reports of injuries to distracted walkers — including those on their cellphones, listening to music or playing games — have more than quadrupled over the last seven years, experts say PAGE 3

THE SHAPING OF THE STRIP

CBS KEEPS IT SIMPLE WITH FOUR NEW TV SERIES, INCLUDING VEGAS PAGE 7

REGIONA metro®

Tuesday, July 31, 2012

News worth sharing.

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Women's basketball team picks up first win of Games

Olympics. Saskatchewan connections help the team rebound from last week's loss to Russia with victory over Britain

DORIAN GEIGER
Metro in Saskatoon

Saskatoon native Krista Phillips and U of S head coach Lisa Thomaidis, who is an assistant coach with the Olympic team, helped the Canadian women's basketball team to a 73-65 win over Great Britain on Monday.

It was Canada's first win on the Olympic stage since 2000.

"We are focused on one game at a time, and going from there," said Phillips via email from London prior to the contest.

Phillips scored six points, saw just over 17 minutes of court time and was a key part of Canada's offence and defence in the game. A huge rebound in the third quarter and subsequent back-to-back free throws by Phillips kept Canada on top late in the game.

"We're hard to beat when we play at our level," she added.

Canada ended the first half with a 36-32 lead, but found themselves in a slippery situation after Britain retained a late lead.

Britain held on to a 61-57 lead midway through the final frame, but couldn't hold its colonial cousin at bay. Canada's Shona Thorburn nailed two consecutive free throws to seal the win with an eight-point cushion.

Britain's loss was much to the displeasure of the noisy hometown fans. Prior to the game, Phillips was looking forward to silencing the English crowd.

"They will be loud, but we didn't come to the Olympics to not have a crowd. We expect it, and are looking forward to the chance to silence the crowd," she said.

Canada is now 1-1 in preliminary play, following a narrow 58-53 loss to Russia last week. Canada faces France on Thursday.

Follow Dorian Geiger on Twitter @dgiegs

Saskatchewan native Krista Phillips celebrates with teammates after defeating Great Britain in a women's basketball preliminary round match at the Basketball Arena on Monday in London, England. CHRISTIAN PETERSEN/GETTY IMAGES

Droughts the new norm? Study says yes

A newly released report predicts North America is entering a drier hydroclimate period and warns of future 'megadroughts' PAGE 2

Colo. suspect charged

Prosecutors have formally charged the accused in the July 20 theatre shooting rampage with 24 counts of murder and 116 counts of attempted murder PAGE 4

NEWS 1

Inquest

Man who died in cell complained of chest pains

A public inquest has heard that a man who died in a Saskatchewan RCMP cell had earlier complained of chest pains.

Corey John Cross was found dead at the Swift Current detachment on April 17, 2009.

Const. Jeff Stringfellow arrested Cross and says the 36-year-old man was initially drunk and confrontational. He says Cross was taken to hospital after he told officers about his chest pains, but a doctor determined he was fit enough to be held at the detachment. Stringfellow told the inquest jury that Cross had calmed down by the next morning and was co-operative.

The inquest is to hear from 15 witnesses and is scheduled to wrap up Friday. THE CANADIAN PRESS/CKSW

Forest fire

Cameco operations back to normal

Operations have returned to normal at Cameco's Rabbit Lake mine in northern Saskatchewan after workers were forced to leave because of a forest fire. Cameco says the fire burned to within one kilometre of the site. METRO

Staff more comfortable

STARS goes full-time

The STARS air ambulance is beginning night-time and The Shock Trauma Air Rescue Society says hours can be expanded because staff are now more comfortable with providing quality in care in the air. METRO

Mobile news

Can goat jumping be the next Olympic sport? Scan the code to watch a pint-sized doe jump as high as her hooves will take her.

Corn plants struggle to survive in a drought-stricken farm field on July 18, 2012 near Vincennes, Ind. The corn and soybean belt in the middle of the U.S. is experiencing one of the worst droughts in more than five decades. Indiana was the nation's fourth largest corn producer in 2011. SCOTT OLSON/GETTY IMAGES

Study warns of 'megadroughts'

Nature Geoscience. Severity of droughts increasing with climate change, researchers say

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

A study released in the Sunday edition of the journal Nature Geoscience concludes that a 2000-2004 drought that devastated the U.S. and Canada may be the new norm.

"Projections suggest that this drought will become the wet end of a drier hydroclimate period," the study found. It also warns of "megadroughts" still to come.

"The severity and incidence of climatic extremes, including drought," the study states, "have increased as a result of climate warming."

The report, which was in part written by University of British Columbia researchers, also found that the last time North America experienced a similar drought was in 1145. "The last drought of this magnitude occurred more than 800 years ago," the report states.

Cathy Holtslander is the National Farmers Union's Director of Research and Policy. She says that Saskatchewan has seen an increase in volatility in its climate over the last few years, including an onslaught of drought. "The weather is just becoming less predictable and more volatile," says Holtslander.

She says one way to deal with future droughts is to use farming techniques that build up organic matter in field soil. "The organic matter acts as a sponge and holds water in."

Holtslander explains that a great way to build up organic matter is to let fields return to grass for a few years — something that family farms are more likely to do.

Tough year for farmers

A snapshot of the drought of 2002

In 2002, Environment Canada estimated the drought across the southern Prairies was the worst on record. Fires raged out of control, and Statistics Canada predicted that the 2002 harvest would be one of the worst in Canadian history.

Saskatchewan said it couldn't afford to pitch in to a new farm aid bill introduced in 2002. And Ralph Goodale, the cabinet minister responsible for the Wheat Board at the time, said that he did not believe farmers needed more aid.

Immigration. Provincial NDP call for compromise, enhanced monitoring

The Saskatchewan NDP issued a statement Monday saying it is willing to compromise on the Saskatchewan Immigrant Nominee Program (SINP), introduced this spring by Citizenship and Immigration Canada.

Cam Broten, MLA for Saskatoon Massey Place and the NDP's immigration critic, says he has been meeting with new Canadians throughout the province since changes to the program were announced. As of May 2, 2012, a recent arrival can no longer refer a relative unless that family member has a "high skill" job offer in place in the province.

Also, a recent immigrant can now only refer one relative plus his or her household at a time.

The province's official opposition suggested enhanced monitoring and enforcement efforts to deal with alleged abuses of the program, but also demanded the removal of the high-skill job offer requirement and a grandfathering provision for families already living in Saskatchewan prior to May 1.

CARRIE-MAY SIGGINS/METRO

Employment

Workers making more money: Stats

Average weekly earnings grew in Saskatchewan 5.4 per cent between May 2011 and May 2012, according to a Statistics Canada report released last week.

Christian Braid, President of the Greater Saskatoon Chamber of Commerce, said this growth is evidence the employment sector is finally reflecting the economic boom.

Newfoundland and Labrador also showed an increase of 5.4 per cent, while the Yukon came in at the lowest with a decline of 1.3 per cent.

METRO

Distracted drivers. Public should be consulted on tougher penalties, SGI says

As the Saskatoon Police Service continues to see repeat offenders getting ticketed for distracted driving, they're now looking at harsher punishments for those who aren't "getting the message."

"People obviously aren't really getting it," said Kelsie Fraser, social media and media specialist with the SPS. "Especially the repeat offenders … so we're evaluating if the fine is too low, whether it should be raised and there's the option of impounding vehicles."

Although police could seize a vehicle under Sect. 280 of the Traffic Safety Act, Kwei Quaye, assistant vice-president of Traffic Safety and Driver Services for SGI said it's not something they support.

"The police can use 280 right now, but we do not encourage it," said Quaye. "We think that if there is a feeling that there needs to be a change to the act to deal more harshly with multiple offenders for cell phone use, we need to have a public debate, we need to consult the public and it has to go through the right channels."

MORGAN MODJESKI/METRO

NASA. New Mars rover will have to nail risky landing

It's the U.S. space agency's most ambitious and expensive Mars mission yet — and it begins with the red planet arrival Sunday of the smartest interplanetary rover ever built.

It won't be easy. The complicated touchdown NASA designed for the Curiosity rover is so risky it's been described as "seven minutes of terror" — the time it takes to go from 20,920 km/h to a complete stop.

Scientists and engineers will be waiting anxiously as the spacecraft plunges through Mars' thin atmosphere and attempts to slowly lower the rover to the bottom of a crater with cables.

Scientists on Earth won't know for 14 minutes whether Curiosity lands safely as radio signals from Mars travel to Earth.

If it succeeds, a video camera aboard the rover will have captured the most dramatic minutes for the first filming of a landing on another planet.

"It would be a major technological step forward if it works. It's a big gamble," said American University space policy analyst Howard McCurdy.

The Mars Science Laboratory Curiosity rover. JPL-CALTECH/NASA/THE ASSOCIATED PRESS

The future direction of Mars exploration is hanging on the outcome of this $2.5 billion science project to determine whether the environment was once suitable for microbes to live.

Previous missions have found ice and signs that water once flowed. Curiosity will drill into rocks and soil in search of carbon and other elements. THE ASSOCIATED PRESS

Distracted walking is a growing issue: Experts

Real threat? Officials struggle to figure out how to protect people from themselves after mounting incidents

'Distracted walking' isn't as widely discussed as distracted driving, but the danger is real. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

A young man talking on a cellphone meanders along the edge of a lonely train platform at night. Suddenly he stumbles, loses his balance and pitches over the side, landing head first on the tracks.

Fortunately there were no trains approaching the Philadelphia-area station at that moment, because it took the man several minutes to recover enough to climb out of danger. But the incident, captured last year by a security camera, underscores the risks of what government officials and safety experts say is a growing problem: distracted walking.

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head down, listening to music, or playing a game. The problem isn't as widely discussed as distracted driving, but the danger is real.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly under-reported. There has been a spike in pedestrians killed and injured in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Akins, deputy executive director of the Governors Highway Safety Association, which represents state highway safety offices.

State and local officials are struggling to figure out how to respond, and in some cases asking how far the government should go in trying to protect people from themselves. THE ASSOCIATED PRESS

TO SEE FOOTAGE OF THE DISTRACTED WALKER FALLING ON TRAIN TRACKS, VISIT METRONEWS.CA

Quebec student protests. New political party offers possible compromise

The latest proposal to end Quebec's student conflict comes from a new political party hoping to vie for power in an election campaign expected to start this week.

The Coalition For Quebec's Future, led by Francois Legault, says it would set tuition hikes at $200 per year over five years, significantly less than the current planned increase of $254 over seven years. Legault would also delay implementing the hikes for another semester, only bringing them in next January.

He is also urging the government to abandon parts of a controversial protest law that would set severe fines for anyone blocking a school.

He cast his proposals Monday as a reasonable middle ground between the more hardline stance of the Charest Liberals and the opposition Parti Quebecois, which is more tolerant of the striking students' cause.

"We're offering a compromise," said Legault, making his announcement surrounded by education professionals planning to run for his party.

"The objective is to put behind us this crisis — which is perhaps among the worst crises Quebec has undergone in recent years."

The issue could flare up again in the coming weeks, as an election campaign gets under way while striking students are supposed to go back to class in mid-August.

Polls suggest a three-way election race is possible, although Legault's party has lagged in popularity in recent months. THE CANADIAN PRESS

Emotional roller-coaster

Emergency crews bring water to passengers stuck more than 150 feet in the air on the top of the new Superman Ultimate Flight roller coaster at Six Flags Discovery Kingdom in Vallejo, Calif., on Sunday. Riders were stuck for nearly two hours due to a malfunction.

CHRIS RILEY/TIMES HERALD/THE ASSOCIATED PRESS

StatsCan study

Most new moms took work leave

Most Canadian mothers with young children took some type of maternity leave following childbirth, according to a new study.

Statistics Canada said 90 per cent of children between the ages of one and three living outside Quebec had working mothers who temporarily left their jobs after giving birth. Their average leave was 44 weeks, the agency said.

About 26 per cent of these children had working fathers who also stayed home after they were born. THE CANADIAN PRESS

Sweet surprise

80,000 bees found in Ontario home

A homeowner in southern Ontario says she knew she had a "sweet mess" on her hands when a crack in the ceiling started oozing honey.

Loretta Yates soon discovered the 1 1/2-storey house she shares with her husband and 22-month-old son was also home to about 80,000 bees nesting in the ceiling.

She says her insurance company wouldn't cover the damage to her house in Varney, just outside Mount Forest, and a pest control company couldn't promise to get the bugs out for good. THE CANADIAN PRESS

B-list burglar

Thief makes off with bees, honey

Police in Abbotsford, B.C., are searching for a thief with sticky fingers, but it's not money or jewels that has gone missing.

About 500,000 bees, as much as 3,600 kilograms of honey and 100 hive frames vanished from a remote Fraser Valley property, east of Vancouver, sometime between July 7 and 26.

The value of the burglary is estimated at $100,000.

Police say the targeted hives were on property along the Canada/U.S. border south of the Abbotsford airport. THE CANADIAN PRESS

Victims are assisted by an advocate, left, as they arrive for an arraignment for suspected theatre shooter James Holmes in district court in Centennial, Colo., on Monday. ED ANDRIESKI/THE ASSOCIATED PRESS

Colorado suspect charged with 24 counts of murder

Before the law. James Holmes faces two counts for each victim; also charged with 116 counts of attempted murder at theatre

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that has once again opened a national debate in the U.S. over guns. Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys. Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.

James Holmes
THE DENVER POST/THE ASSOCIATED PRESS

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured. Holmes faces two counts for each victim — murder with deliberation and murder with extreme indifference. Both carry a maximum death penalty upon conviction.

A former chief deputy district attorney said a conviction under extreme indifference means that any life sentences would have to be served consecutively, not concurrently.

Holmes also faces one count of possession of explosives. After his arrest outside the theatre, police said they found his apartment was booby trapped.

Unlike Holmes' first court appearance, Monday's hearing was not televised. At the request of the defence, District Chief Judge William Sylvester barred video and still cameras, saying expanded coverage could interfere with Holmes' right to a fair trial.

The judge also has placed a gag order on lawyers and law enforcement, sealing the court file and barring the University of Colorado Denver from releasing public records relating to Holmes' year there. A consortium of media organizations is challenging Sylvester's sealing of the court file.

THE ASSOCIATED PRESS

Fire on overnight train in India kills at least 32, burns dozens

A fire swept through a train car packed with sleeping passengers in southern India on Monday, killing at least 32 people and sending panicked survivors rushing for the only clear exit once the train stopped, officials said.

Investigators found charred remains of victims still in their sleeping berths and were struggling to identify them.

A railway station worker noticed the burning coach as the overnight train from New Delhi to the southeastern city of Chennai passed through the town of Nellore at about 4 a.m., local official B. Sridhar said. Nellore is about 500 kilometres south of Hyderabad, the capital of Andhra Pradesh state.

Once the alarm was raised, the train was stopped and the coach was detached from the rest of the train to prevent the blaze from spreading.

"Since the fire had engulfed one door of the coach, people had to rush to the other end of the coach to exit," Sridhar said.

Escape

"We woke up suddenly when the train came to a halt ... People were still sleeping, but once they realized the danger, they scrambled to the door."

Passenger Shantanu told New Delhi Television about awaking to a fire on the train.

Passengers said the fire spread swiftly through the coach.

"By the time we got out of the door, the coach was completely on fire," said Shantanu, who like many Indians uses only one name. He said firefighters sprayed water over the burning coach, but it was gutted.

Railway and medical workers were trying to identify the dead, Sridhar said.

"This is a very difficult task, since some of the bodies are charred beyond recognition," Sridhar said, adding that officials were making preliminary identifications based on the reservations chart from the train's records.

Sridhar said the fire may have been caused by an electrical short circuit in the coach.

At least 28 others were hospitalized with burns, including at least two in critical condition, said Anil Kumar, a regional railway manager.

India has one of the world's largest train networks, with more than 10,000 trains and 64,000 kilometres of track. Around 20 million people travel by train each day.

THE ASSOCIATED PRESS

People stand near a charred coach of a passenger train at Nellore, nearly 500 kilometres south of Hyderabad, India, Monday. A fire swept through a train car packed with sleeping passengers, killing at least 32 people, officials said. THE ASSOCIATED PRESS

370 million affected

India's power grid fails amid heat

Northern India's power grid crashed Monday, halting hundreds of trains, forcing hospitals and airports to use backup generators and leaving 370 million people — more than the population of the United States and Canada combined - sweltering in the summer heat.

The blackout, the worst to hit India in a decade, highlighted the nation's inability to feed a growing hunger for energy as it strives to become a regional economic power.

The northern grid crashed about 2:30 a.m. because it could no longer keep up with the huge demand for power in the hot summer, officials in the state of Uttar Pradesh said.

However, Power Minister Sushil Kumar Shinde said he was not sure exactly what caused the collapse and had formed a committee to investigate it.

By late morning, 60 per cent of the power had been restored in the eight northern states affected by the outage and the rest was expected to be back on line by the afternoon, Shinde said. THE ASSOCIATED PRESS

Namibia

Feds forced sterilization of three HIV-infected woman, court rules

Namibia's government sterilized three women infected with HIV without getting proper consent, forcing them to sign forms they didn't understand as they suffered through the pains of labour, a judge ruled Monday.

Activists applauded the decision by Judge Elton Hoff, though the ruling rejected lawyers' accusations that doctors sterilized the women specifically because they had HIV in a country where the virus remains endemic. The activists say they worry more women in the southern African nation are coerced into the procedure, as other cases pending before courts allege women suffered similar treatment at the hands of doctors.

The three women, in their 20s to 40s, all sought care at government hospitals in Namibia. All signed release forms that allowed doctors to sterilize them, though at the time they didn't realize what they had agreed to, said Nyasha Chingore, an HIV project lawyer.

THE ASSOCIATED PRESS

Colombia

Cocaine production drops 25 per cent

Production of pure cocaine in Colombia declined by 25 per cent in the last year, according a U.S. government survey of drug production.

Gil Kerlikowske, director of the Office of National Drug Control Policy, said Monday that potential cocaine production in the South American country has dropped by 72 per cent since 2001. Colombia now ranks third, behind Peru and Bolivia, in production of pure cocaine, he said. "Potential production of pure cocaine in Colombia is down to 195 metric tons from 700 metric tons in 2001, the lowest production potential level since 1994 and the first time since 1995 that Colombia is producing less cocaine than either Peru of Bolivia," Kerlikowske said in a speech at the Center for Strategic and International Studies. Kerlikowske' s office said the drop in Colombia cocaine production has coincided with a decline in U.S. cocaine overdose deaths, positive workplace drug tests, the purity of cocaine available for street purchase and domestic cocaine seizures.

THE ASSOCIATED PRESS

Currency

Penny receives temporary reprieve

The penny, its death sentence originally pronounced in the last federal budget, will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

The Royal Canadian Mint, which stopped producing the coins in May, was originally expected to start taking the penny out of circulation by this fall. But retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season.

After Feb. 4, cash transactions will be rounded to the nearest five cent increment. THE CANADIAN PRESS

Online video

Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable. Netflix notified customers in an email Monday. TORSTAR NEWS SERVICE

Hacking

Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about 8 million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes. THE ASSOCIATED PRESS

Media

Black sees potential in newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that he may re-enter the industry. "There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected newspaper," Black told The Huffington Post Canada editorial board. THE CANADIAN PRESS

Conrad Black THE CANADIAN PRESS

Apple, Samsung spar over patents

Court case. Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

Apple is demanding $2.5 billion in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung countered that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

The case is just the latest skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the U.K. and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning $219-billion market for smartphones and computer tablets. THE ASSOCIATED PRESS

Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

Market Minute

DOLLAR 99.82¢ US (+0.26¢)

TSX 11,757.88 (-8.48)

OIL $89.78 US (-35¢)

GOLD $1,619.70 US (+$1.70)

Natural gas: $ 3.214 US (+0.1¢)
Dow Jones: 13,073.71 (-2.65)

Speaking up against big oil

Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, arrives for a news conference in Vancouver on Monday, where he voiced his opposition to the Enbridge Northern Gateway pipeline.

DARRYL DYCK/THE CANADIAN PRESS

WHY PUT PRIVATE PAIN IN THE PUBLIC EYE?

SHE SAYS...
Jessica Napier
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattison with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

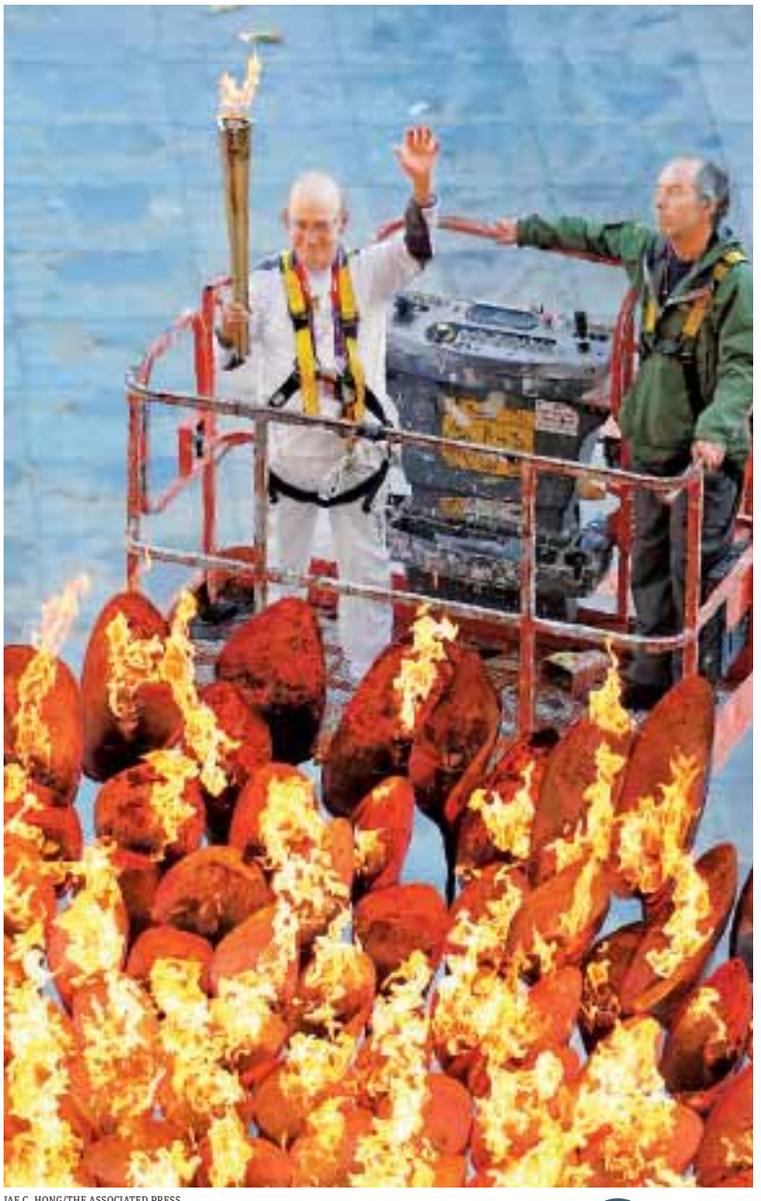
What does it say about us as a society that we not only have a schadenfreude-esq obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on Twitter @MetroSheSays

Insiders are claiming Stewart's public apology was career suicide for the Twilight star, The Huffington Post reported. GETTY IMAGES

Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

Fire returns after being relocated

Austin Playfoot, a torchbearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to its resting position at the stadium.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:

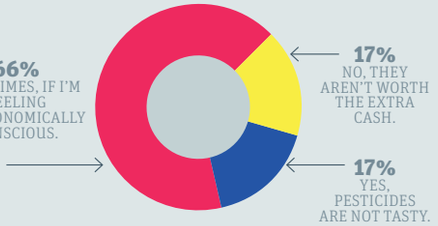
"It was not created to be a tourist attraction."

Sebastian Coe,
head of the London organizing committee, told the media.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you buy organic groceries?



Twitter

@ChrisInRegina: @fougere4mayor How about you quit tweeting about your jogging, and tell us how you plan on reducing the crime rate in #yqr! #yqrvotes

@SengerKY: It's +23 outside right now in #yqr yet I wish I had a parka to wear in my office. Creating more #goosebumps than #RLStine

@brooklynorban: Officially accepted to #UofR :) yay

@Feztickle75: Okay, once again, WHY does everybody in the #YQR think they suddenly get to make up their turn lanes and rules??? Is this prosperity?

@VianneTimmon: I said more 8-page books with large stock photos and uplifting captions! This is a university, damn it! #UofR #yqr

metro
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DVD reviews

Le Havre

Director. Aki Kaurismaki

Stars. Andre Wilms, Blondin Miguel, Jean-Pierre Darroussin

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Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismaki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blondin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL

I'm Yours

Director. Leonard Farlinger

Stars. Rossif Sutherland, Karine Vanasse, Don McKellar

●●●●○

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credulity at every quirk-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Streeter disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL

If it ain't broke don't fix it, says No.1 CBS

Television Critics Association press tour. Network head touts first-place success, talks new and returning shows

AMBER RAY
Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: Elementary, a modern take on Sherlock Holmes; Vegas, about the politics and crime that shaped the Strip in the 1960s; Made in Jersey, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy Partners.

Regarding the pickup of Elementary at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series Sherlock and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about Vegas and the recent failure of other period dramas on broadcast networks (The Playboy Club, Pan Am) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sheriff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the history of the city."

Most questions posed to the CBS exec, however, involved returning series.

The '60s set series Vegas goes beyond nostalgia. HANDOUT

CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

On football games running late and pushing back the start time of scripted series such as The Good Wife:
"One of the things we've done going into this season, we're developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling CSI: Miami ...
"Saying goodbye to a CSI this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to CSI: New York:
"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

How I Met Your Mother

Neil Patrick Harris
HANDOUT

Comedy. One of the biggest questions posed to Tassler was about renewing How I Met Your Mother and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

SCENE2

On the web

NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kristen Bell ALL PHOTOS GETTY

Bell and her beau have a workplace romance

For Kristen Bell, teaming up again with fiancé Dax Shepard for their new movie, Hit and Run, was something of a no-brainer. "We realized we're severely co-dependent," Bell tells Us Weekly. "It's not just like you're caught in the house with your significant other for six weeks and you're both doing different things and feel like you're in each other's way. We actually had the same goal and we really, really, really wanted the best for the script Dax had written. Because we had the same mutual goal, it felt shared." So how did she get the part in Shepard's film, exactly?

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin," she jokes.

Labour of love

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin"
Kristen Bell

Topher Grace

Sophia Bush says 70s star is just a buddy

Sophia Bush was spotted grabbing coffee with Topher Grace in West Hollywood last week, but the newly single actress wants to make it clear that the two are not dating, she tells Us Weekly. "Topher has been one of my dearest friends for six years," says Bush, who's starring in Partners, a new TV comedy this fall.

"We have coffee all the time and he is actually a great sounding board for me with sort of how to be prepared with all things sitcom." Bush recently split from her boyfriend of six years — and One Tree Hill co-star — Austin Nichols. She'd previously been married to another of the show's stars, Chad Michael Murray.

The Word

Farrell living the simple, boring life

THE WORD
Monica Weymouth
scene@metronews.ca

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. "I had burned so many bridges in the film industry that I couldn't get a f—king meeting," the actor tells Men's Health.

You can catch him this weekend in the remake of Total Recall, a role he was able to land thanks to his fairly healthy new lifestyle.

"I don't put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins," he tells the magazine. "It's so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with."

Colin, if you want in on our Pier 1-Target doubleheader this weekend, say the word.

Kristen Stewart and Robert Pattinson

Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart's apology for cheating on Robert Pattinson, the Twilight co-stars are reportedly not speaking to each other, according to People magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. "I'm not sure they'll be able to recover from this," a source tells the magazine, adding that Pattinson "is heartbroken and angry." They'll have to face each other soon enough, though, as they're set to be co-presenters at MTV's Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final Twilight film, out in November.

Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively. But who is the one person they didn't offend? Russell Brand. "I don't know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they're nice human beings, so I don't imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job," Brand told reporters at the TCA panel for Brand X, his cable series. "I don't think we should create a state where people are afraid to talk. That could have much worse consequences."

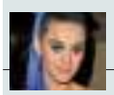
Russell Brand

Twitter

@MissKellyO
its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/ our cultures we would never do that to you

@kirstiealley
we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon.. 1st season no lashes. last seasons big lashes..Night & day

@kathygriffin
Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?



@katyperry
SO HAPPY TO BE BACK IN BRAZIL!

Taking the guesswork out of emergency room wait times

Technology. Hospitals across Canada are using tools to help patients make informed decisions about making the trip

CELIA MILNE
life@metronews.ca

How long will I have to wait in the Emergency? The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool.

"This helps them plan their lives…whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first.

Those with a life-threatening illness or injury, such as a heart attack or major trauma from a car accident, will always get priority.

Those with less-urgent needs, such as tummy pain or an earache, will have to wait longer. The new tool tells you, with the click of a mouse, the average wait time for those with non-life-threatening problems.

"The time on the clock is updated every 20 minutes," says Shilton. "If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that patients can explore alternatives online.

The next step is developing a smart phone App that helps you find the closest emergency department, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very helpful if you were in a different city or part of the province," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Healthydebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

Take the guess work out of wait times. GETTY IMAGES

Quote

"If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

Don Shilton
President of St. Mary's General Hospital

Best Health

No excuse to avoid getting outdoors

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Have you passed up invitations to go car camping because you're afraid of roughing it? Best Health magazine is on a mission to convert you because the truth is, aside from the fact that spending time outdoors is proven to be good for your health, camping these days is so much more comfortable than you may think.

Excuse #1.
"I can't sleep on the ground or in a bag." Don't sleep on the ground; buy an air mattress (a wide one). Place an open sleeping bag on top. Then, use your home bedding. It's super cozy.

Excuse #2.
"I can't stand the idea of using an outhouse." They are horrible, but it's tough these days to find a provincial park that doesn't have proper bathrooms.

Get back to nature. GETTY IMAGES

Excuse #3.
"I don't want to eat dehydrated food and instant soup for days." Okay, so how about steak or chicken, baked potatoes and fresh veggies? Yes, you can enjoy these in the great outdoors. I've put together a menu and recipe ideas at besthealthmag.ca.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Thoughts on…

Being good enough

We often come into contact with the idea that our best isn't good enough, as if this were actually possible.

If you examine this notion, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

On the Web

Is keeping life-threatening illness a secret doable in our share-all world?

Your fave Japanese appetizer finds its way into tasty salad

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

Salad
- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Dressing
- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish
- 1 tsp toasted sesame seeds

Health Solutions

Best bet beans

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Recent studies have shown that as little as 1/3 cup of beans can prevent or reduce peripheral artery disease (the first signs of heart disease). Well, if it's that easy...giddy up. Any pulse or dried bean will do but here are a few winners.

Highest Protein Bean: Soybeans

Choose whole, organic, frozen edamame beans, steam and salt them. Serve them as a snack or appetizer.

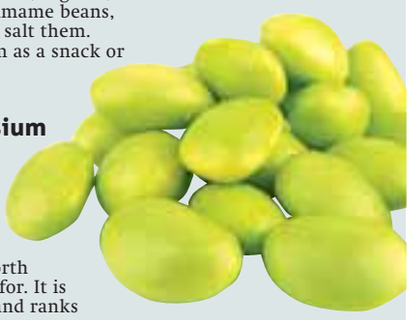
Highest Magnesium Beans: Adzuki Beans

This Japanese bean is worth searching for. It is delicious and ranks highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Healthy Carb Pasta Salad. Shirataki noodles star in fresh side dish

1. Line rimmed baking sheet with a clean kitchen towel.

2. In bowl, whisk yogurt, sour cream, Worcestershire sauce, garlic powder, hot sauce, salt.

Ingredients
- 1/2 cup each plain fat-free Greek yogurt and low-fat sour cream
- 1 tsp Worcestershire sauce
- 1/2 each tsp garlic powder, hot sauce, kosher salt
- Three 8-oz packages shirataki noodles
- 1/2 cup frozen peas
- 2 ears corn, husks removed
- 1 red bell pepper, cored and diced
- 1 small red onion, diced
- 1 pint cherry tomatoes, halved
- Ground black pepper

3. Drain noodles; place them in saucepan. Add enough water to cover by 1 inch, then bring to a boil over high heat. Boil 2 minutes. Add peas and return water to simmer, then drain and spread noodles and peas in an even layer on the prepared baking sheet. Transfer to freezer to cool and dry 10 minutes.

4. Cut kernels from ears of corn. To do so, one at a time stand each ear on wide end and use serrated knife to saw down the length of cob. Add kernels to yogurt-sour cream mix in bowl and mix well. Mix in bell peppers, onion and tomatoes.

5. Once noodles and peas have cooled, add to bowl and gently mix. Adjust seasoning with salt and pepper. THE ASSOCIATED PRESS

Combine bold flavours of corn, crab & pickled shallots

Ingredients
- 4 ears white sweet corn, husks removed
- Zest and juice of 1 lemon
- 1 tbsp Champagne vinegar
- 1 clove garlic, grated
- 5 tbsp olive oil
- 1/2 lb jumbo lump crabmeat
- Handful cherry tomatoes, halved
- 1 English cucumber, skin on, halved lengthwise and sliced into half-moons
- 1/4 cup pickled shallots (recipe follows)
- 1 avocado, peeled, pitted and diced
- Salt and black pepper
- Aleppo pepper
- Handful fresh basil leaves, torn into large pieces
- Leaves from 1 branch fresh tarragon, torn

Pickled Shallots
- 1 cup cider vinegar
- 1/2 cup water
- 2 tbsp sugar
- 1/2 each tbsp mustard seeds, black peppercorns, coriander seed, fennel seed, guindilla pepper
- 1 sprig fresh thyme
- 1/2 sprig fresh dill
- 1 clove garlic
- 3 shallots

1. Bring pot of salt water to a boil. Add the corn and blanch for 2 minutes. Remove the corn from the water and set aside until cool enough to handle.

2. Once the corn can be handled, cut the kernels off the cobs. To do this, stand each ear on its wide end and saw down the length of the cob with a serrated knife. Turn and repeat until all of the kernels are removed. Set aside.

3. In a large serving bowl, combine the lemon zest and juice, the vinegar and garlic. Mix well, then whisk in the olive oil. Fold in the corn kernels, crabmeat, tomatoes, cucumber, pickled shallots and avocado, being careful as you mix so as not to mash the ingredients.

4. Season with salt, black pepper and Aleppo pepper, then garnish with fresh basil and tarragon.

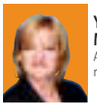
5. Pickled Shallots: To make the pickling liquid, in a medium saucepan over high heat, combine the vinegar, water, sugar, mustard seeds, peppercorns, coriander, fennel, guindilla pepper, thyme, dill and garlic. Bring to a boil, then reduce the heat and simmer for 20 minutes. You should have about 1 cup of liquid. Strain out and discard the solids. Use a mandoline to slice the shallots paper-thin. Add the shallots to the pickling liquid and simmer for 2 minutes. Remove the pan from the heat and let steep for 10 minutes. Can be used immediately or refrigerated, covered, up to a week. THE ASSOCIATED PRESS/ FROM SEAMUS MULLEN'S HERO FOOD (ANDREWS MCMEEL, 2012)

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

100% invested in the stock market? Spread some of that cash out

Alison's money rule. Timing the stock exchange to perfection is probably as difficult as winning the lottery



YOUR MONEY
Alison Griffiths
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her money out of the market, paid deferred sales charge fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide some interest income.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

In numbers

9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

Most men like fire. Because of that, most like barbecuing as well. ISTOCK

The battles of the grill

Dialogue. Excerpt from Shut Up and Eat! takes humourous look at a conversation that many couples could have this summer

KATHY BUCKWORTH
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these gullible fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — including garbage clean up, putting the hose away, backwashing the pool, installing some fencing.... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: *%^&*'ng idiot.

Him: I'm ready for those steaks now.

Me: Fabulous. Hope they need about 45 minutes on the barbecue because that's how long the rest of the dinner is going to take. Hey, who's setting the table?

Him: (Back outside again, stopping only to grab a beer out of the fridge.)

Me: %^$&#*'ng idiot. Kids, get in here and set the table and help me husk the corn!

Him: OK, we're almost done.

Me: Stupendous. Just cut my finger with a knife while trying to peel the potatoes because your idiot son used the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&$^#'ng idiot. Ouch. Crap. Damn.

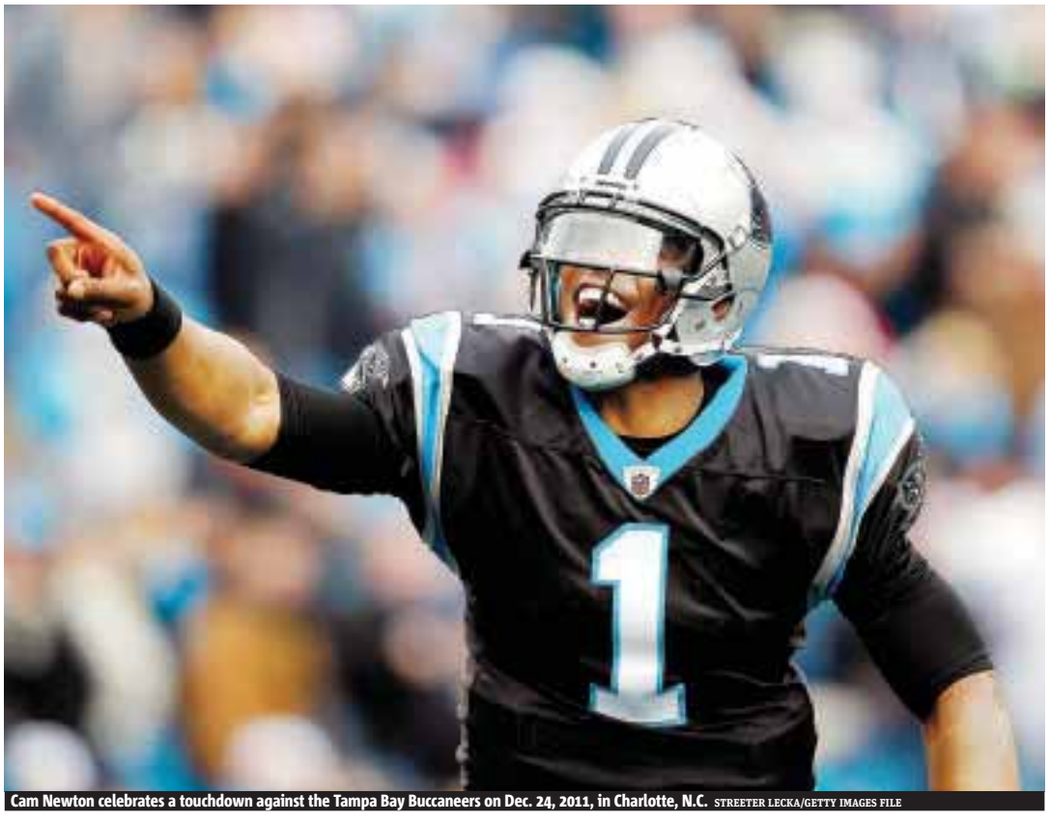
Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARDONNAY, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHYBUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.

SPORTS 4



Cam Newton celebrates a touchdown against the Tampa Bay Buccaneers on Dec. 24, 2011, in Charlotte, N.C. STREETER LECKA/GETTY IMAGES FILE

Cam Newton at ease as NFL 'mega-superstar'

NFL. In just 15 months, Panthers quarterback has become national celebrity unlike any other for the team

Quoted

"I'm just working on being great. Everybody wants to win the Super Bowl, but let's worry about today. Tomorrow is not promised." Cam Newton

Cam Newton is everywhere these days.

If he's not flying through your television set on "Cam's Night Out" hawking Under Armour gear or sucking down Gatorade and "Winning the Fifth Quarter," chances are you've seen the 23-year-old quarterback featured prominently by the NFL in advertisements for its upcoming preseason games.

And, if not for Calvin Johnson, he'd be on the cover of Madden NFL 13, too.

Charismatic, built like a Greek god and, above all, incredibly talented, Newton has taken the country by storm since being drafted No. 1 overall last year. As Panthers teammate Jon Beason said, Newton has become "a mega-superstar."

Newton has grabbed the national spotlight after a record-setting season in which he combined for 35 touchdowns and became the first rookie to throw for more than 4,000 yards.

"We haven't had a guy who gets this much attention — ever," said offensive tackle Jordan Gross, now in his 10th season with the Panthers.

Newton walked onto Wofford College's Gibbs Stadium Sunday night for the first training camp practice before a fired-up crowd of 12,871. Fans wearing his No. 1 jersey were everywhere.

It was the largest crowd ever assembled for a single practice in the 18 summers the Panthers have spent in Spartanburg, according to team spokesman Charlie Dayton.

Call it the Cam factor.

And Newton, who has a flare for showmanship, didn't shy away from attention.

He raced up the field for a 25-yard gain on a play-action fake, veered out of bounds and ran along the inside wall of the stadium pumping his left fist at fans.

Of course, with fame come potential pitfalls.

Newton's coach, Ron Rivera, is aware of that.

That's one of the reasons he pulled Newton aside in February for a private talk, making sure he kept his priorities straight in the off-season.

"The biggest thing he understands is that once we're in the season, it's time to work. And his focus and attention is about what we do. And it is. So I have no problem," Riviera said.

Of the season ahead, Riviera said, "As Cam goes, we go."

THE ASSOCIATED PRESS

Mobile sports

Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to. In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

MLB. Adam Lind goes on DL with back strain

Adam Lind GETTY IMAGES FILE

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled from triple-A Las Vegas last month, posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the second time this season.

In 24 games with Toronto this season, Cooper, 24, from Stockton, Calif., is batting .292 with two home runs and six RBIs.

In Las Vegas, Cooper is batting .314 with 10 home runs, 52 RBI and a team leading 27 doubles.

THE CANADIAN PRESS

Horse racing

Strait of Dover done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign with a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the $500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack in Toronto.

Strait of Dover was generally regarded as the horse to beat in the Breeders' Stakes, the 1.5-mile turf event and final jewel of Canadian racing's Triple Crown. THE CANADIAN PRESS

Golf

Vegas on a roll at Glen Arbour

Calgary's Stephen Ames promised to be a gracious host before launching his opening drive at the Telus World Skins Game.

Jhonattan Vegas made himself right at home, grabbing five skins and $85,000 over Monday's front nine at Glen Arbour Golf Course.

The 27-year-old defending champion from Venezuela rolled to the first day lead, followed by Ames, England's Paul Casey and 2009 U.S. Open winner Lucas Glover with one skin each for $15,000.

THE CANADIAN PRESS

Jhonattan Vegas
THE CANADIAN PRESS

NBA

Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract on March 26, then for the rest of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games.

The six-foot-six, 220-pounder had a season-best 20 points April 26 versus New Jersey.

He averaged 6.7 points, 1.9 rebounds and 18.3 minutes in 70 appearances with Charlotte and Toronto. THE CANADIAN PRESS

Games in pictures

1 Rowing. Men's eight fight their way to spot in repechage final

The Canadian men's rowing eight bounced back from a poor heat to finish second in its repechage and advance to the final. The men's four moved on to the semifinal.
THE CANADIAN PRESS

2 Swimming. Canuck women prove quick learners in pool

Canadian swimmers Barbara Jardin and Samantha Cheverton, pictured, made impressive Olympic debuts Monday as they qualified for the semifinals in the women's 200 freestyle. THE CANADIAN PRESS

3 Beach volleyball. Canada spiked by Norway in Game 2

The Canadian men's beach volleyball team of Josh Binstock from Richmond Hill, Ont., and Martin Reader of Comox Valley, B.C., lost to Norway to fall to 1-1.
THE CANADIAN PRESS

4 Equestrian. B.C. rider Bennett-Awad thrown from horse

Canadian rider Hawley Bennett-Awad was thrown from her horse and taken to hospital during the cross-country portion of Olympic equestrian eventing on Monday.

The 35-year-old from Murrayville, B.C., fell from her horse, Gin & Juice, and was taken to the Royal London Hospital for further examination, according to a team spokesperson. THE CANADIAN PRESS

Canadians sidestep Round 1 obstacles

Tennis. Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."

Milos Raonic serves at Wimbledon on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Competition rising

The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil won their opening men's doubles match later Monday. They beat Horia Tecau and Adrian Ungur of Romania 6-3, 7-6 (9).

"I'm playing with one of the best doubles players in the world," Pospisil said. "We get fired up and we play some of our best tennis."
THE CANADIAN PRESS

Aleksandra Wozniak returns a shot at Wimbledon Monday.
RYAN REMIORZ/THE CANADIAN PRESS

Social media. Bailey lets Olympic spirit shine on Twitter

Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to the next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!," tweeted Bailey, who set a then-world record time of 9.84 seconds in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!," Bailey wrote, before later congratulating the No. 25-ranked player in the world on his straight-sets win.
THE CANADIAN PRESS

Agnel steals show in 'race of the century'

Swimming. Big Frenchman cruises to second gold medal in 200-metre free event

Yannick Agnel is turning into a giant-beater. Actually, he is a giant.

At six-foot-five, the Frenchman has used his extra-long frame to dominate on consecutive nights in the Olympic pool.

First came his come-from-behind anchor leg to push ahead of Ryan Lochte and the Americans in the 4x100 freestyle relay on Sunday. Then on Monday, Agnel routed a stellar field by nearly two seconds to win the 200 free individual event.

Agnel led from start to finish and clocked one minute, 43.14 seconds for the best time ever in a textile suit, a whopping 0.72 ahead of Michael Phelps' 2007 mark.

Defending silver medallist Park Tae-hwan of South Korea and 400 free champion Sun Yang of China shared silver in 1:44.93, while world champion Lochte finished fourth and world-record holder Paul Biedermann of Germany was fifth.

With so many standouts, and despite Phelps' decision not to enter, the event was dubbed the "Race of the Century."

"I had to look twice at the scoreboard to be sure it was the right time. I had a race plan in my head, but this is above my expectations and hopes," Agnel said. "I worked on keeping my speed and putting all my guts into the last 50. I don't know what to say — it worked."

Camille Muffat gave France another gold in the women's 400 free on Sunday and France stands second to the United States in the swimming medals table.

THE ASSOCIATED PRESS

Yannick Agnel of France celebrates winning the 200-metre freestyle gold medal on Monday.
CAMERON SPENCER/GETTY IMAGES

Chinese rise above in team competition

Chinese gymnast Feng Zhe performs on the parallel bars during the gymnastic men's team final. The Chinese won their second straight Olympic team title and third in four games on Monday. Their score of 275.997 points was more than four points better than Japan. Britain initially was announced as the silver medallist, but Japan appealed the score of three-time world champion Kohei Uchimura on pommel horse. The judges changed his score from 13.466 to 14.166 — enough to move Japan from fourth to second with a total of 271.952. Britain was bumped down to bronze, while Ukraine dropped to fourth. MATT DUNHAM/THE ASSOCIATED PRESS

Tuesday's must-see 3

Women's team gymnastics

The Canadian women's team will compete in Tuesday's team final, with Brittany Rogers of Coquitlam, B.C., and Elsabeth Black of Halifax, pictured, earning berths in the vault final.
Time: 9:30 a.m.
Channel: CTV

2

Women's soccer

The Canadians face a tough test against Sweden, bronze medallists at last summer's World Cup. A win ensures the Canadians a spot in the quarter-finals.
Time: 7:30 a.m.
Channel: Sportsnet

Women's weightlifting

Christine Girard will try to improve on her fourth-place finish at the 2008 Beijing Games in the women's 63-kilogram event. Girard won gold in the event at the 2011 Pan Am Games.
Time: 8:30 a.m.
Channel: TSN
THE CANADIAN PRESS

Day 3 results

MEDAL STANDINGS

After 38 of 302 total medal events

Nation	G	S	B	Tot
China	9	5	3	17
United States	5	7	5	17
France	3	1	3	7
North Korea	3	0	1	4
Italy	2	4	2	8
South Korea	2	2	2	6
Russia	2	0	3	5
Kazakhstan	2	0	0	2
Japan	1	4	6	11
Australia	1	2	1	4
Romania	1	2	0	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
South Africa	1	0	0	1
Colombia	0	2	0	2
Britain	0	1	2	3
Cuba	0	1	0	1
Germany	0	1	0	1
Mexico	0	1	0	1
Poland	0	1	0	1
Taiwan	0	1	0	1
Thailand	0	1	0	1
Azerbaijan	0	0	1	1
Belgium	0	0	1	1
Canada	**0**	**0**	**1**	**1**
India	0	0	1	1

WHAT CANADA DID

Monday at the 2012 London Olympics

ARCHERY

Men's individual 70-metre — Crispin Duenas, Toronto, was eliminated after losing in the first round to Ahmed El-Nemr of Egypt, 6-2.

BADMINTON

Women's singles — Michele Li, Toronto, lost her opening-round match to Wang Yihan of China, 21-8, 21-16, and will not advance.

BASKETBALL

Women — Shona Thorburn, Hamilton, scored 18 points as Canada (1-1) downed Britain, 73-65.

BEACH VOLLEYBALL

Men — Joshua Binstock of Richmond Hill, Ont., and Martin Reader, Comox Valley, B.C., lost their round-robin match to Martin Spinnangr and Tarjei Viken Skarlund of Norway, 21-14, 21-18.

EQUESTRIAN

Individual eventing — Jessica Phoenix, Cannington, Ont., is ranked 28th overall following the cross-country event with 57.20 points; Michelle Mueller, Port Perry, Ont., is 58th (120.20); Peter Barry, Dunham, Que.; Rebecca Howard, Salmon Arm, B.C.; and Hawley Bennett-Awad of Murrayville, B.C. — who was taken to hospital after a fall — were not ranked due to incompletion of course.
Team eventing — Canada stands in 12th place after the jump qualifier with 1,177.40 points.

FENCING

Women's individual epee — Sherraine Schalm, Brooks, Alta., was eliminated after losing in the opening round to Shin A Lam of South Korea, 15-12.
JUDOMen's 73 kg class — Nicholas Tritton, Perth, Ont., lost in the opening round to Navruz Jurakobilov of Uzbekistan, by Yuko (non-combativity).
Women's 57-kg — Joliane Melancon, Blainville, Que., was defeated by Sabrina Filzmoser, Austria, by Uskiro-kesu-gatame.

ROWING

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; and Michael Wilkinson, North Vancouver, B.C.) advanced to the semifinals after placing third in their qualifying race in five minutes 50.78 seconds.
Men's eights — Canada (Gabe Bergen, 100 Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their repechage heat (5:27.41) and earn a berth in the finals.

SAILING

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in ninth place following two races with a score of 19.
Men's finn — Greg Douglas, Toronto, stands in 17th place after four races (68).
Men's laser — 18. David Wright, Toronto, ranks 18th after two races (33).
Men's star — Canada (Richard Clarke, Salt Spring Island, B.C.; and Tyler Bjorn, Beaconsfield, Que.) are in 12th place after four races (40).
Women's laser radial — Danielle Dube of Glen Haven, N.S., stands 23rd overall after two runs (43).

SHOOTING

Men's 10-metre air rifle — Cory Niefer, Saskatoon, placed 46th in qualifying with a score of 581, did not advance.

SWIMMING

Men's 200 butterfly — David Sharpe, Halifax, placed seventh in his qualifying heat (1:59.87), did not advance.
Women's 200 individual medley — Erica Morningstar, Regina, failed to advance after posting a time of 2:14.32 in qualifying.
Women's 200 freestyle — Barbara Jardin, Notre-Dame-de-Grace, Que. (1:57.91), and Samantha Cheverton, Lachine, Que. (1:57.98) failed to qualify for the final after placing 10th and 11th overall in the semifinal round.

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., won his first-round match over Tatsuma Ito, Japan, 6-3, 6-4.
Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, won their opening match over Horia Tecau and Adrian Ungur of Romania, 6-3, 7-6(9).
Women's singles — Aleksandra Wozniak, Blainville, Que., downed Marina Erakovic, New Zealand, 6-2, 6-1, and will face Venus Williams of the U.S. in the second round.

WEIGHTLIFTING

Women's sub-57 kilogram class — Annie Moniqui, Quebec City, placed 16th overall with a top weight of 190 kilograms.

BASKETBALL

WOMEN

First Round
Monday's results
China 83, Croatia 58
Turkey 61, Czech Republic 57
France 74, Australia 70
Russia 69, Brazil 59
Canada 73 Britain 65
United States 90, Angola 38

CANADA 73, BRITAIN 65

Britain
N.Stafford 6-19 2-2 15, R.Anderson 2-4 2-3 6, S.Collins 1-3 0-0 2, C.Handy 0-1 0-0 0, J.Wade-Fray 2-7 0-0 5, J.Page 3-5 2-2 8, K.Butler 2-3 0-0 4, J.Leedham 5-14 2-2 15, A.Stewart 2-3 0-0 4, T.Fagbenle 2-5 2-2 6, Totals 25-64 10-11 65
Canada
K.Phillips 2-8 2-2 6, T.Gabriele 2-6 0-0 4, S.Thorburn 6-10 3-4 18, C.Pilypaitis 4-8 0-0 11, K.Smith 4-8 2-4 11, M.Ayim 0-0 0-0 0, N.Achonwa 2-3 0-1 4, L.Murphy 4-7 0-0 9, T.Tatham 1-4 2-2 4, C.Aubry 3-7 0-0 6, Totals 28-61 9-13 73
Halftime—Britain 32, Canada 36. **3-Point goals**—Britain 5-17 (N.Stafford 1-3, S.Collins 0-2, J.Wade-Fray 1-5, J.Leedham 3-7) Canada 8-21 (T.Gabriele 0-1, S.Thorburn 3-7, C.Pilypaitis 3-6, K.Smith 1-4, L.Murphy 1-1, C.Aubry 0-2). **Fouled out**—None. **Rebounds**—Britain 36 (T.Fagbenle 6) Canada 36 (C.Pilypaitis 5, T.Tatham 5). **Assists**—Britain 14 (S.Collins 4) Canada 21 (T.Gabriele 7). **Total Fouls**—Britain 16 Canada 14.

Horoscopes

♈ Aries
March 21 - April 20
The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

♉ Taurus
April 21 - May 21
Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

♊ Gemini
May 22 - June 21
Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

♋ Cancer
June 22 - July 23
You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

♌ Leo
July 24 - Aug. 23
Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo
Aug. 24 - Sept. 23
You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned to a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

♎ Libra
Sept. 24 - Oct. 23
Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

♏ Scorpio
Oct. 24 - Nov. 22
Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

♐ Sagittarius
Nov. 23 - Dec. 21
Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

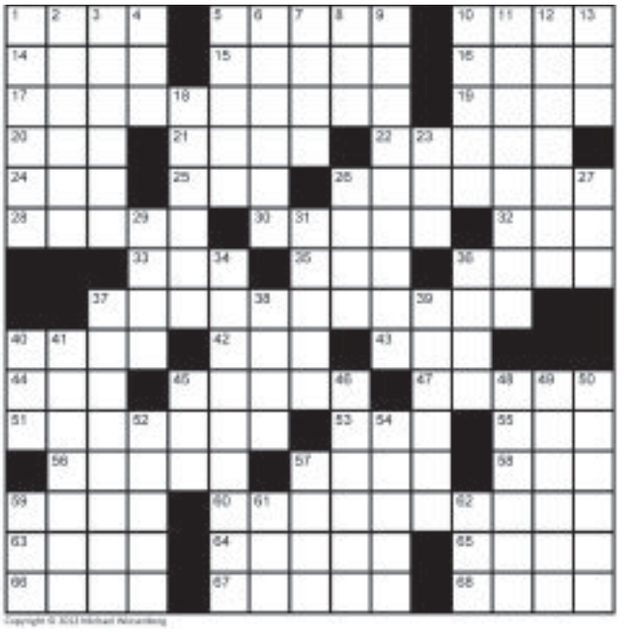
♑ Capricorn
Dec. 22 - Jan. 20
Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

♒ Aquarius
Jan. 21 - Feb. 19
You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

♓ Pisces
Feb. 20 - March 20
Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

Crossword: Canadian Entertainers

BY MICHAEL WIESENBERG



Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. __ day: vitamin bottle recommendation
15. "Rice-___, the San Francisco treat"
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not ___ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. __ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. ___ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. ___ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as ___?"
43. Dog command
44. "... or so ___ heard"
45. Biting wit
47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I ___ You, Babe": Sonny and Cher hit
59. "They're ___ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I ___!": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

Down

1. Depressing
2. ___ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Moviemakers
10. Unseeing
11. Crazed
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress ___ Dawn Chong
26. Scotch ingredient
27. Unhappy
29. Winnipeg-born Douglas, Hal's *2001* voice
31. "Don't ___": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayer on *Star Trek*
50. Perfume holder
52. Canada's ___ Max lottery
54. "___ the best of times..."
57. Close relationships
59. Wide wonder
61. "Act your ___!"
62. Actress Lupino

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

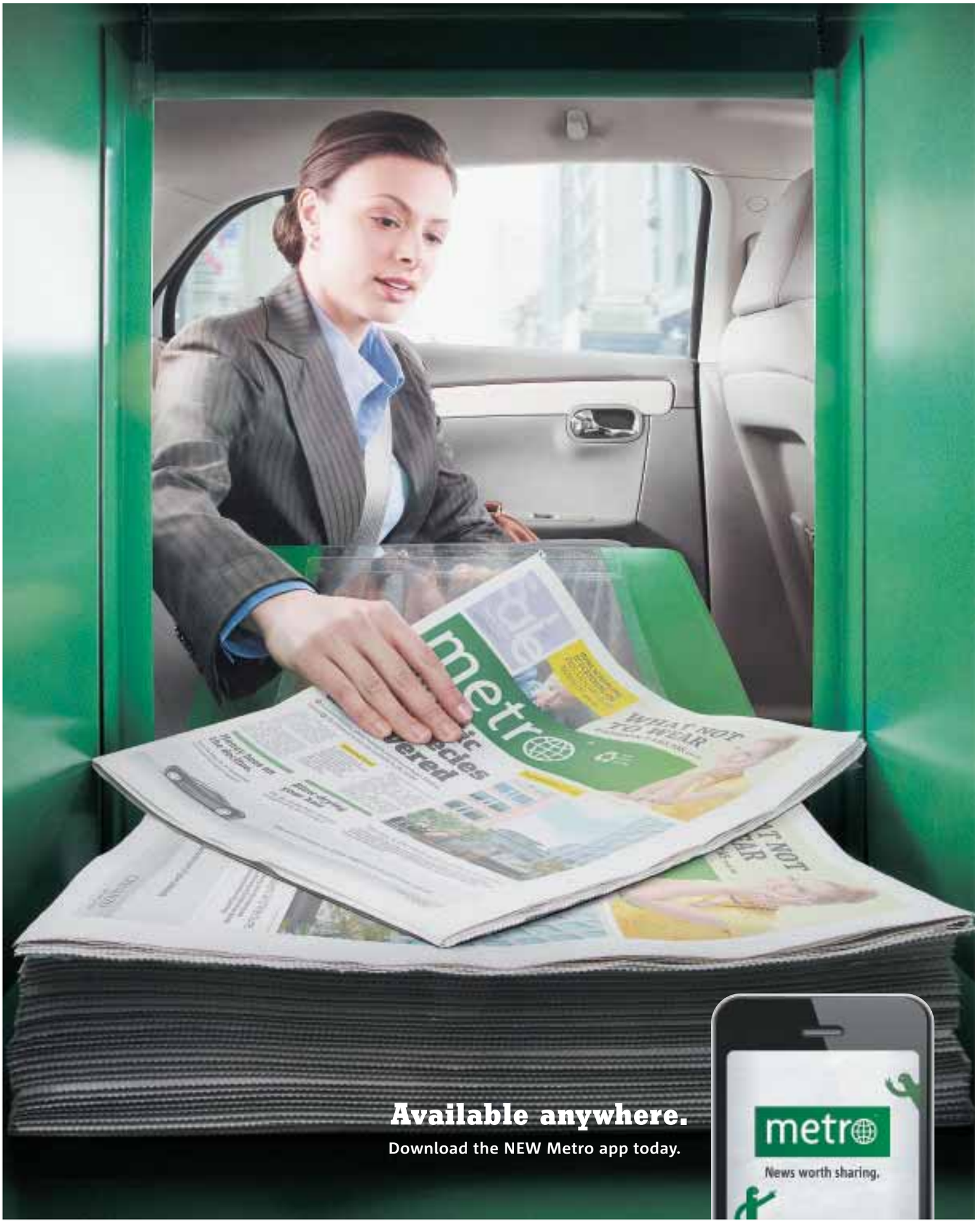
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2	5	4					6
				7	8		5	2
	1	7						
		3		8				7
	6						8	
9				6		1		
						3	4	
3	4		8	1				
7					5	9	2	

Yesterday's Sudoku

Sharability

easy hard



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